

Halifax student missing

Kashmala Fida, a 21-year-old student at the University of King's College, hasn't been seen since Tuesday morning in Truro

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Mixed feelings over Nova Centre



Liam Hennessey of Applehead Studio Photography looks over the future site of the proposed Nova Centre from the roof of the Prince George Hotel on Wednesday.

JEFF HARPER/FOR METRO

Long-term investment value

'I don't think it's the future'

As the owner of a business across the street from the new convention centre, Lil

MacPherson says she should be jumping for joy.

But the owner of The Wooden Monkey says the \$150 million of taxpayers' money is not a good long-term investment and would

be better spent improving the city's infrastructure.

"I don't think it's the future," MacPherson said Wednesday. "They're having problems in other parts of the world filling convention-

centre space."

MacPherson would prefer to see the money spent on smaller projects that would reap greater benefits for the local economy.

RYAN VAN HORNE/FOR METRO

Downtown project.

Neighbouring business owners excited — but worry over impact of lengthy construction

RYAN VAN HORNE

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Business owners in downtown Halifax have mixed feelings over Thursday's expected announcement that the convention centre is going ahead.

"I'm happy about it. It will be nice to see this entire block filled in over the next couple of years," said Liam Hennessey, the owner of Applehead Studio Photography. "My concern is what is going to happen while the construction goes on. Is Market Street going to be closed? How much traffic is going to be diverted from the area?"

"There may be some wrinkles as they build, but the long-term benefits outweigh the short-term negatives."

The convention centre will be part of the Nova Centre project, which will include a hotel, office tower, retail shops and restaurant space.

It's expected to bring more people downtown and the spinoffs will benefit local businesses, although not so much Hennessey's.

Andrea Rahal, owner of Inkwell Boutique & Letterpress

Developer connects



Joe Ramia, left, is holding a press conference at 10:30 a.m. Thursday for an announcement about the Nova Centre.

Studio on Market Street, has been preparing for this since she opened her doors about a year ago.

"I'm concerned about the street being unapproachable to tourists in the summer," said Rahal, who relies a lot on walk-up traffic.

Another reason for Rahal to worry is the location of her business in relation to the Nova Centre.

"It looks like I'm going to be across from the loading docks, so it's not that great for retail," she said. "I've been faced with lots of challenges from the get-go, so they're just obstacles to overcome."

Jennie King, sales and marketing manager for Neptune Theatre, says her organization is "extremely excited."

"It certainly means a lot to an organization like Neptune Theatre to have an influx of people in the downtown," King said.

"It will be a bittersweet process as they move through the next three years of construction ... but I think the end result will hopefully pay off."



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Truro police searching for missing university student



Kashmala Fida
TRURO POLICE HANDOUT

A Halifax university student active in her community and dedicated to raising awareness on global issues is missing.

Kashmala Fida, a 21-year-old student at the University of King's College, hasn't been seen since Tuesday morning in Truro, where she lives with her parents.

"Right now, it's not deemed as suspicious or criminal activity but her parents said it is out of character for her not to return home," Insp. Rob Hearn of Truro police said on Wednesday.

According to police, Fida

dropped her mother off at work at the Colchester Regional Hospital at 8:30 a.m. The car she was driving was later found in the hospital parking lot.

She was last seen wearing blue jeans and a white top.

As of late Wednesday, police said there were no new updates.

Police issued a release on Wednesday morning about her disappearance and have asked the public to contact them if they know anything about where she could be.

News of Fida's disappearance instantly went viral.

Dozens of Facebook posts and Tweets sharing news articles and voicing concern were posted from across North America and even the United Kingdom. King's College and its students have been very busy spreading the message online.

"The response has been tremendous, which is really telling of how King's operates. Everyone is so involved and cares about what's happening in the community," said Nick Stark, president of the King's Student Union.

Fida served this past year as president of the residence

Alexandra Hall. Employed by the front desk of the same residence and active in the school's yearbook, she is certainly a familiar face to many students.

King's is a tight-knit community, and Stark said it's scary when a member of it is threatened.

According to a YouTube video of Fida, she moved to Halifax from Pakistan in 2009. She soon joined the Canadian Red Cross group Even Wars Have Limits and helped to form a global issues group that raised around \$2,000 for child soldiers. KATE HOWELL/FOR METRO

Police now looking for fourth suspect in Halifax murder case

Shooting. Murder charge dropped against Alberta man in the killing of Corey Duane Lucas

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A man's murder charge has been withdrawn, and police are now looking for a fourth suspect in the shooting death of Corey Duane Lucas.

Charges of first-degree murder and attempted murder against 27-year-old Simon Peter Dugas of Halifax were withdrawn in Halifax provincial court on Wednesday.

Dugas is now charged in the case with accessory after the fact.

Police arrested Dugas, who was living in Halifax but originally from Sherwood Park in Edmonton, at Halifax Stanfield International Airport without incident on Monday.

In an interview Tuesday, Halifax Regional Police spokesman Const. Brian Palmer said Dugas and 20-year-old Dylan Peter Roach "were

Remanded

Simon Peter Dugas has been remanded, but police aren't saying where.

the two key players" in the Lucas killing.

Roach was arrested last month and is charged with first-degree murder and attempted murder.

On Wednesday, though, Palmer said new information came forward and there was a change in the charges.

"We determined that these charges were no longer appropriate, and the applicable charge he should face is accessory after the fact," Palmer said in reference to Dugas.

"I can't go into specifics, other than to say that over the last 24 hours we've come into new information and that investigators have followed up on the information," he said. "And that ultimately led to the withdrawal of the charge (on Wednesday) and the laying of the new charge."

Lucas, 36, was gunned down in an apartment at 2711 Clifton Street May 25, and an



Dylan Peter Roach, shown last month at Halifax provincial court, is the only person charged with first-degree murder in the shooting death of Corey Duane Lucas. METRO FILE

other 31-year-old man was a shot, but survived and was later released from hospital.

Jenna Karlene Piercy, a 27-year-old woman from Prospect, has also been charged

with accessory after the fact in the case, and possession for the purposes of trafficking.



NEWS

On the web

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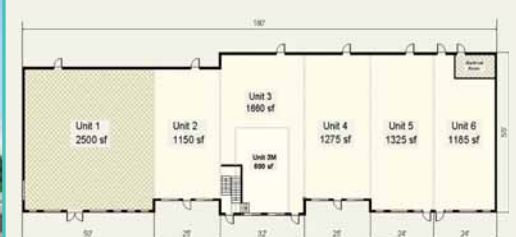
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Dartmouth Sportsplex gets rock 'n' roll friendly

Concerts. Successful John Mellencamp shows point to possible bright musical future for arena

SPENCER
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halifax@metronews.ca

After rocking out to back-to-back John Mellencamp concerts this week, there are those asking for an encore — from the Dartmouth Sportsplex, that is.

At 3,500 seats, the venue is a bit more “intimate” than its more spacious downtown counterparts, most notably the Halifax Metro Centre, said Sportsplex general manager Max Chauvin, and audience members he spoke with enjoyed the close-quarter vibes for Mellencamp.

“We had a great time doing this one, and our feedback was that people had a great time coming, and that the audience enjoyed being here,” said Chauvin, whose complex landed Mellencamp after the Metro Centre was booked for the Royal Nova Scotia International Tattoo.

Mellencamp's No Better Than This Tour's Monday and Tuesday night run wasn't the first musical act to hit the stage at the Sportsplex — the arena has been host to a few religious music festivals and other acts — but the concert was the first big-name event there in some time.

And Coun. Dawn Sloane



Rock legend John Mellencamp in concert at the Dartmouth Sportsplex on Monday night. JEFF HARPER/FOR METRO

Quoted

“I think people felt you could see very clearly and you could see well. I thought there was a lot of energy in the crowd.”

Max Chauvin, Dartmouth Sportsplex general manager

was glad to be a part of it.

“I think the Sportsplex is a great venue because of that

intimacy,” said Sloane, who took in the Tuesday show. “I was able to get close enough

that I thought I was actually part of the concert.”

She said the Sportsplex would do well to open itself up to more events like this one — bringing the economic boost and cultural benefits of suiting HRM's variety of musical tastes.

“This basically adds to our inventory of places where bands can play,” Sloane said.

Mischief. Vandals terrorizing Dartmouth neighbourhood

Halifax police are asking people living in a Dartmouth neighbourhood to contact them if they have any information on mischievous acts that have been taking place.

On Saturday night, Halifax police say rocks were thrown at vehicles on Nantucket Avenue and a number of homes on Slayter Street had their doors kicked in.

A porta-potty in the same area was also set on fire at 1:45 a.m. Monday morning.

“All of these crimes are typical of youth complaints and there is information stating there was a group of youth running from Nantucket to Slayter Street,” said Halifax Regional Police spokesman

Seeking tips

Anyone with information about the incidents is asked to contact police or Crime Stoppers.

Const. Brian Palmeter, referring to the rock-throwers.

Police believe the same group is responsible for both incidents, and may have also been involved in another incident two weeks ago when tires were slashed on Slayter Street.

Palmeter said police will be targeting the area more through patrols.

KATE HOWELL/METRO

Energy minister. Trucked natural gas gets green light

Universities, hospitals and other big energy customers in Nova Scotia could have compressed natural gas delivered to their front door by trucks as early as next year, the provincial government announced Wednesday.

Energy Minister Charlie Parker said the move could mean savings between 35 and 50 per cent for some customers without harming the interests of Heritage Gas, the province's sole distributor of natural gas via pipeline.

“Anywhere where (Heritage Gas is) serving right now, where they've got the pipeline in the ground, companies that are on that pipeline will be required to hook in,” Parker told a news conference in Halifax.



Parker
METRO FILE

“Pipeline is cheaper than trucking natural gas, so it's an advantage if you're on a pipeline.”

Parker said the government accepted a recent consultant's report that recommends not regulating the distribution of compressed natural gas by truck.

The report, commissioned in April, says the market is not regulated in New Brunswick, Prince Edward Island or in the New England states, not unlike the delivery of oil and propane. **THE CANADIAN PRESS**

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Taps to run dry at Old Mill Tavern

Dartmouth watering hole. Wyse Road establishment is closing this weekend after five decades

RYAN VAN HORNE
halifax@metronews.ca

A Dartmouth landmark is closing this Saturday after 50 years of serving loyal customers.

The Old Mill Tavern on Wyse Road was planning to have a 50th anniversary celebration, but instead will have a closing celebration this Saturday.

Owner Jason Cain expects a lot of people will come back to say goodbye to a place where they had a lot of good times.

"People are going to feel a void, that's for sure," Cain said. It's a mainstay in the community. People do fundraisers here, people come here for their stags, or wedding receptions."

Marcel Logan has been tending the bar for almost 20 years. He recalls his reaction when he heard the landlord had sold the land to Sobeys's

and that The Old Mill would have to close.

"I was upset, but what can you do," said Logan, who will have to find another job, even though Cain hopes to reopen in another location in September. "If I can afford to stay off, I will, but I can't afford to retire yet."

Logan, who is 64 and has been working as a bartender for 43 years, says he'll miss the customers and the 144-year-old building that used to be a wire and rope factory. It is expected that the building will be torn down.

"You get to know them when they've been coming in for 20 years," he said of the regulars. "You talk to them and develop relationships with all of them."

Crystal States of Dartmouth said she started coming to the bar 20 years ago for karaoke.

"It used to be packed," said States at the bar on Wednesday. "Everybody would be here."

Rosalee Downey of Dartmouth said she was shocked to hear the news.

"To move it someplace else or take it away, it's a shame," Downey said.



Marcel Logan, a bartender at the Old Mill Tavern and Grill in Dartmouth for the past 20 years, is pictured inside the establishment on Wednesday. JEFF HARPER / FOR METRO

Beach bacteria. Sandy Lake closed indefinitely

As one HRM beach reopens, another closes.

The municipality announced on Wednesday that Sandy Lake Beach off Hammonds Plains Road in Bedford has been closed indefinitely after tests turned up high levels of bacteria.

A notice will be issued by HRM when it reopens, a re-

lease states.

Meanwhile, Kinsmen Beach at First Lake in Sackville has now been deemed safe for swimmers.

The municipality announced last Thursday that Kinsmen Beach was closed after high levels of E. coli were detected in the water.

METRO

Teen charged in May shooting

A 16-year-old appeared in Halifax youth court on Wednesday facing charges related to a shooting incident that occurred two months ago.

On May 26 at 10:54 p.m. three men were walking on Creighton Street when one of them was shot.

The 19-year-old victim was brought to the hospital with non-life-threatening injuries and was later released.

The police have since been investigating the incident and on Tuesday arrested who they believe to be the shooter, said Const.

Brian Palmeter, spokesman for the Halifax police.

The youth, whose identity is protected by a publication ban under the Youth Criminal Justice Act, is facing charges of attempted murder, breach of probation and a number of weapon-related offenses.

Already in custody

- The youth was in custody for another matter when police arrested him.

KATE HOWELL/FOR METRO

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Elizabeth Fry workers on strike over wages

Four-woman local.
Unit had been in a legal walkout position since June 25

KATE HOWELL
halifax@metronews.ca

Four women working for outreach programs for women involved in the criminal justice system went on strike on Wednesday morning over wages.

The women are asking for a one per cent wage increase every year for two years, a retroactive agreement which would begin Nov. 1, 2010.

They have not received a wage increase in six years, said Lori Smith, organizing officer for the Nova Scotia Government and General Employees Union.

The workers are employed by the Elizabeth Fry Society of Mainland Nova Scotia, a non-profit that receives small grants from the



Members and supporters of NSGEU Local 68 picket out front of their place of work, Our Thyme Café, on Portland Street in Dartmouth on Wednesday morning. JEFF HARPER/FOR METRO

province and federal government.

"The employers have been given the money to fix it but refuse to give it in wages,

they want to give lump sum payments," said Smith.

The society offered increased vacation and other benefits but cannot commit

Quoted

"In order to be the strong advocates our women deserve we need to advocate for ourselves."

Lynn Yetman, co-manager of Our Thyme Café

to a wage increase because their funding has been cut significantly this fiscal year, as stated in a press release they provided.

The society has also offered a signing bonus, which they also say was rejected by the workers.

The four women compose Local 68 of the NSGEU. Together, they run Our Thyme Café, Holly House and an administrative office.

"These women provide a valuable service, it means a lot to them and this is the last thing they wanted to do but they were given no choice," said Smith.

Burning up. HRM expands fire ban during hot stretch

A fire ban in HRM has been extended temporarily to include all outdoor fires due to the continued hot, dry weather, and all burning permits have been cancelled until further notice.

The announcement Wednesday comes a day after HRM issued a release saying fires in appliances such as outdoor chimneys would be allowed. Propane and charcoal barbecues are still approved for use, the release said.

A string of hot, dry weather throughout HRM is to blame. Fines for violations run be-

Sunny forecast

- Environment Canada says sun and hot temperatures are forecast through Sunday, with a 40 per cent chance of showers over the weekend.

tween \$100 and \$5,000. The fire weather index map for Nova Scotia puts HRM in the high category.

SPENCER BUELL/FOR METRO

Severe injuries

Man pleads guilty in New Year's hit-and-run

A Nova Scotia man has pleaded guilty to criminal charges stemming from a hit-and-run that severely injured a 23-year-old woman on New Year's Day. Ryan Harvey McLellan, 26, of Economy appeared in Truro provincial court Wednesday.

THE CANADIAN PRESS

Murder trial

Accused admitted to stabbing, says witness

A woman testifying at a murder trial in Cape Breton says the 18-year-old man accused of fatally stabbing his girlfriend more than 100 times admitted to the crime in 2010. Donna MacDonald said the accused said he had to kill the girl because she cheated on him.

THE CANADIAN PRESS

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Just 15,000 inmates

Toews springs a jail surprise

Federal Public Safety Minister Vic Toews says predictions of an explosion in the prison population are not coming true.

Toews says the inmate population stood at just under 15,000 as of June 30 — almost 3,000 below es-

timates by the Correctional Service of Canada.

Toews says the numbers refute opposition suggestions the government's tough-on-crime laws will put more people behind bars.

The lower-than-expected numbers, he added, will allow the government to spend almost \$1.5 billion less over the next seven years by not building prisons.

THE CANADIAN PRESS

Branson family

A space trip? That's kid stuff

Richard Branson's space flight will be a family affair: The British tycoon says his two adult children will join him on a two-hour journey on SpaceshipTwo next year — along with 120 others.

THE ASSOCIATED PRESS



Richard Branson reveals his space plans on Wednesday.

THE ASSOCIATED PRESS

Doctored photos

Teen Vogue is newest target

Seventeen magazine promised them it would not alter body shapes in photographs. Now a group of teenage girls have collected 28,000 signatures asking Teen Vogue to stop digitally manipulating images.

The girls, affiliated with

the protest group SPARK Movement, said Teen Vogue and other magazines present an unrealistic notion of beauty.

Teen Vogue said: "We feature healthy models on the pages of our magazine and shoot dozens of non-models and readers every year and do not retouch them to alter their body size. Teen Vogue pledges to continue this practice." THE ASSOCIATED PRESS

700 geese gassed in safety flap

Airliners in danger.

Officials finally get permission to storm sanctuary near JFK airport in New York

U.S. wildlife officials finally got their hands on 700 Canada geese.

They've gassed the geese that were holed up in a bird refuge next to John F. Kennedy airport in New York.

The birds were considered prime culprits in deadly aviation strikes.

But they were untouchable living at the Jamaica Bay Wildlife Refuge, on protected land belonging to the U.S. National Park Service.

That all changed Monday, said USDA spokesperson Carol Bannerman.

Armed with U.S. Fish and Wildlife permits issued June 29, officials snared the 700 geese, shipped them to upstate New York for processing and will hand out the meat to food charities.

A true hero

One of the most famous Canadageese midair strikes produced true pilot heroism.

- **Impact.** Canada geese sucked into jet engines crippled U.S. Airways Flight 1549 out of LaGuardia on Jan. 15, 2009.

- **Splash.** Capt. Chesley Sullenberger managed to glide the plane into the Hudson River and save all 155 people on board.

"Forty-six per cent of the strikes between civil aircraft and Canada geese occur in the summer," Bannerman said. "Eighty per cent of the strikes are with resident (as opposed to migratory) Canada geese."

"About half of these cause damage, \$90-million worth over the last 20 years."

TORSTAR NEWS SERVICE



Terror hits a picnic trip as school bus spins into gorge

This is the spot where a student picnic trip ended in tragedy. A crowd gathers round an upturned school bus that fell into a gorge after an accident in Nambalnar, about 47 kilometres from Srinagar, India, on Wednesday. Two died and dozens were injured, reports said. MUKHTAR KHAN/THE ASSOCIATED PRESS

Zoo tragedy. Siberian tigers maul man to death — suicide not ruled out

Siberian tigers have fatally mauled a man inside an enclosure at the Copenhagen Zoo.

Investigators haven't ruled out suicide by the 21-year-old Afghan-born man.

"We don't know why he went in and why he ended up in the enclosure," said police spokesperson Lars Borg.

The man sustained multiple bite wounds to the throat, face, chest and a thigh.

He was granted Danish citizenship last month and his family has identified him, Borg said. Police declined to release his name.

Zoo manager Steffen



A tiger roams the Copenhagen Zoo den on Wednesday.

LINDA JOHANSEN/THE ASSOCIATED PRESS

Straede said it was the first time in the zoo's 152-year history that such an incident has occurred, and there are no plans to reassess its security or to put the tigers down.

THE ASSOCIATED PRESS

Mystery. Man arrested, then one of U.K.'s richest women is found dead

She was one of Britain's richest women, but her fortune couldn't help her beat her addiction to drugs.

And now American-born Eva Rausing has been found dead in her west London home. A man, believed to be her husband, was arrested in connection with the case.

The 49-year-old was held on suspicion of drug possession. Later, a search of an address in London turned up Rausing's body.

Rausing, 48, was the wife of Hans Kristian Rausing, heir to the TetraPak fortune his father built by manufacturing laminated cardboard drink containers.

Both Rausing and her husband have had long-running and often public battles against addiction.

Scotland Yard said tests were being carried out on Rausing's body after an autopsy was inconclusive.

It added: "The death continues to be treated at this time as unexplained."

Rausing supported a number of charities that helped to fight addictions.

One of them — Action on Addiction — was among the first to express sadness over her death and praise her "wonderfully generous" support over the years.

THE ASSOCIATED PRESS

Tears. Japan's joy turns to sorrow as baby panda dies soon after birth

A baby giant panda died at a Tokyo zoo on Wednesday, less than a week after becoming the first to be born at the facility in 24 years.

The birth had created excitement across Japan, and the nation is mourning the baby's death.

Tokyo's Ueno Zoo said the male panda, which had not been named yet, died of pneumonia Wednesday morning.

A zookeeper found the baby, who was born last Thursday, lying belly up and not breathing, on his seven-year-old mother's chest. Resuscitation efforts failed.

THE ASSOCIATED PRESS



The tiny baby panda, left, cuddles up to its mother after being born last Thursday. THE ASSOCIATED PRESS

Romney booed during pitch to black voters

NAACP. U.S. presidential candidate takes shots at Obama while attempting to reach out to key demographic

Republican presidential candidate Mitt Romney made a major pitch to black voters Wednesday with a heavy emphasis on the economy, but was booed when he promised to get rid of the Obama administration's health care overhaul.

"I will kill every expensive and unnecessary program I can find, and that includes Obama-care," Romney said, then waited and smiled through the crowd's disapproval.

He faced more boos when he criticized President Barack



Presidential Candidate Mitt Romney
EVAN VUCCI/THE ASSOCIATED PRESS

Obama, who won 95 per cent of the black vote in 2008, and expects high support again in the November election.

Republicans and Democrats

said Romney was making a statement just by speaking to the oldest U.S. civil rights group. His speech tried to show independent and swing voters that his campaign is inclusive.

"If equal opportunity in America were an accomplished fact, then a chronically bad economy would be equally bad for everyone," Romney told the annual meeting of the National Association for the Advancement of Colored People. "Instead, it's worse for African Americans in almost every way."

The economy is the main issue in this year's presidential race. The U.S. unemployment rate is stuck at 8.2 per cent (14.4 per cent among blacks).

Romney argued he's best suited to create more jobs.

THE ASSOCIATED PRESS



Derailment launches emergency crews

This aerial photograph shows a derailed freight train in Columbus, Ohio. Part of the freight train carrying ethanol derailed and caught fire early Wednesday, prompting the evacuation of a kilometre-wide area as firefighters and hazardous materials crews monitored the blaze. Officials said they don't know yet what caused the accident. Nobody aboard the train was injured.

EAMON QUEENEY/THE COLUMBUS DISPATCH/THE ASSOCIATED PRESS

Forced abortion

Family accepts cash settlement

The family of a woman forced to undergo an abortion because she ran afoul of China's one-child policy has accepted a cash settlement, apparently ending a controversy that caused a public uproar and embarrassed the government.

THE ASSOCIATED PRESS

Mississippi

Abortion clinic will remain open

A federal judge on Wednesday continued to block a law that threatened to shut down Mississippi's only abortion clinic and make it nearly impossible for a woman in one of the poorest states in the U.S. to get the procedure.

THE ASSOCIATED PRESS

Scavenger attack

Raccoons chase, bite woman

A Washington state woman says she was attacked and bitten by raccoons after her dog chased several of the animals up a tree.

Several raccoons chased Michaela Lee for more than 20 metres, knocked her down and bit her.

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Hazing death. Florida university president resigns amid scandal

The president of Florida A&M University resigned Wednesday, the same day the school was sued by parents of a drum major who died after being beaten by fellow band members in a hazing ritual. It was unclear if the two events were related.

Robert Champion's death put a spotlight on the controversial new-member rituals among some of the country's top college marching bands.

Champion died after fellow band members beat him aboard a bus parked outside a hotel following a football game in November against the school's arch rival.

The school's trustees in June gave university president James Ammons a vote of no confidence after questioning his management of the band prior to Champion's death.

Champion's parents, Robert and Pamela, applauded Ammons' resignation, calling it part of a necessary "house cleaning" at the university.

Eleven band members face felony hazing charges and have pleaded not guilty.



Robert Champion, the Florida A&M University drum major who died in a hazing incident. THE ASSOCIATED PRESS

Their trial is scheduled to begin the same month as Ammons' resignation, in October.

Champion's death led to the suspension of the band until at least next year.

The lawsuit brought by Champion's parents claims Florida A&M University officials did not take action to stop hazing even though a school dean proposed suspending the band because of hazing concerns three days before their son died.

THE ASSOCIATED PRESS

Sanctions rollback

U.S. set to invest in Myanmar oil

The United States is poised to allow U.S. companies to invest with Myanmar's state oil and gas enterprise as the Obama administration takes its biggest step yet to roll back sanctions, marking a rare break from pro-democracy leader Aung San Suu Kyi, who last month questioned its transparency.

THE ASSOCIATED PRESS

Suicide attack

Yemeni cadets killed in bombing

A suspected al-Qaida suicide bomber detonated his explosives among a crowd of Yemeni police cadets as they were leaving their academy Wednesday, killing at least 10 of them, officials say.

THE ASSOCIATED PRESS

Americans agree: 9-11 is TV event of past 50 years

Research. Despite consensus on No. 1, men and women differ on cultural impact of other memorable telecasts

The Sept. 11, 2001 terrorist attack is by far the most memorable moment shared by television viewers during the past 50 years, a study released on Wednesday concluded.

The only thing that came close was President John F. Kennedy's assassination and its aftermath in 1963, but that was only for the people aged 55 and over who experienced those events as they happened instead of replayed as an historical artifact.

Sony Electronics and the Nielsen television research company collaborated on the survey. They ranked TV moments for their impact not just by asking people if they remembered watching them, but if they recalled where they watched it, who they were with and whether they talked to other people about what they had seen.

By that measure, the Sept. 11 tragedy was nearly twice as impactful as the second-ranked moment, which was the coverage of Hurricane Katrina in 2005.

Minutes after the first airplane struck New York's World Trade Center on a late summer morning, television networks began covering the events continuously and stayed with them for days.

Sony was interested in the



In this Sept. 11, 2001, photo, the twin towers of the World Trade Center burn behind the Empire State Building in New York. A study released Wednesday found the television coverage of the Sept. 11 terrorist attack left the largest impression on viewers in the past 50 years. MARTY LEDERHANDLER, FILE/THE ASSOCIATED PRESS

study for clues on consumer interests and behaviours and found "that television is really the grandmother of all the social devices," said Brian Siegel, vice-president of television business for the company.

Men and women agreed on the three most impactful television events — Sept. 11, Katrina and O.J. Simpson. After that, some interests diverged.

For example, women ranked the 1997 funeral of Princess Diana as the fourth most memorable event, while men put that at No. 23.

Women ranked last year's death of Whitney Houston at No. 5, with men judging it No. 21.

Similarly, the 2003 bomb-

ing of Baghdad at the start of the Iraq War was seen as the No. 14 most impactful moment by men, and No. 37 among women. Men were also far more struck by boxer Mike Tyson biting off a piece of Evander Holyfield's ear.

The passage of time has also diluted some moments once thought of as unforgettable, simply because succeeding generations have no personal memory of them. Man's first moon landing in 1969 ranked No. 21.

Young people also ranked Barack Obama's Election Night speech in 2008 at No. 3, while that didn't move older viewers quite as much (No. 24).

THE ASSOCIATED PRESS

Fact over fiction

The vice-president of television business for Sony said he had anticipated that entertainment events like the final episode of *M-A-S-H* (ranked No. 42), the Beatles' appearance on *The Ed Sullivan Show* (No. 43) and the "Who shot JR?" episode of *Dallas* (No. 44) would rank higher.

- Instead, television coverage of news events made the biggest difference in viewers' lives.

U.S. bank director disappears with \$17M of investors' money



Wendy Cross looks out from her food truck as she waits for the lunch-time crowd Tuesday in Atlanta. DAVID GOLDMAN/THE ASSOCIATED PRESS

After penning a rambling confession to financial regulators and writing notes to his family, a south Georgia bank director boarded a ferry in Florida and disappeared.

Now local and federal investigators are trying to determine whether Aubrey Lee Price killed himself, as his lengthy confession would have them believe, or whether he slipped away with \$17 million of investors' money. His family has told authorities they believe he's dead, but federal investigators aren't so sure and have offered \$20,000 for information leading to his arrest.

"My depression and discouragement have driven me to deep anxiety, fear and shame. I am emotionally overwhelmed and incapable of continuing in

this life," says the confession letter investigators believe was written by Price.

"I created false statements, covered up my losses and deceived and hurt the very people I was trying to help."

Wendy Cross moved about \$300,000 to Price's firm after a trusted financial adviser told her it would be a good investment. She met Price in person once. She described a very religious, soft-spoken man with a gentle demeanour and an air of kindness.

"He should have won an Oscar for his performance that day," she said. "He has left a path of financial carnage."

The 46-year-old from Atlanta said she discovered something was wrong late last month when she wanted to withdraw

some money from the firm to invest in another business. She tried multiple times to contact the firm to withdraw money. When she texted her financial adviser, he responded that he had no idea what was going on at the company and said he thought Price was still alive despite rumours of his suicide.

Price left his home in south Georgia on June 16, telling his family he was headed to Guatemala for business, said Sgt. Aaron Pritchett of the Lowndes County Sheriff's Office, which is investigating his disappearance. Two days later, Price's family received letters saying he was going to Key West to board a ferry headed to Fort Meyers and planned to jump off along the way to end his life.

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Shriveled bills were all one man found after he stored his money in a tin near a heater. CONTRIBUTED/CAMBRIDGE TIMES

Cool cash can't handle the heat

Melting money. New polymer banknotes reportedly don't stand up to this summer's sweltering conditions



GRAHAM LANKTREE
Metro in Ottawa

Despite having more security features than you can shake a stick at, Canada's new polymer-based banknotes may have one weakness — the sweltering summer heat.

Brittney Halldorson, a

teller at the Interior Savings Credit Union in Kelowna, says the new \$50 and \$100 bills are supposed to withstand boiling water, but she has seen cases where several of the bills melted.

"We have seen it a few times now where there have been either three to four, or five to 10 (bills) all melted together," she said.

In January, a report from Cambridge, Ont., noted that a man who stored his bills in a tin box near a heater returned the next day to find them shriveled and melted together.

"We've put these notes through a lot of testing so that

they stand up to our very hot summers and cold winters. The notes perform as intended under the conditions," said Julie Girard, a currency spokesperson for the Bank of Canada.

Girard said that if anyone has a bill that has been damaged in any way, they can have the money replaced by filling out a form on the bank's web-site.

The bank's new \$20 note is set for release this November, Girard said, and the remaining \$5 and \$10 denominations will be out before the end of 2013.

Follow Graham Lanktree on Twitter @MetroGraham



San Bernardino

Another California city goes bankrupt

San Bernardino, Calif., has become the second-largest city in the U.S. to file for bankruptcy. Stockton, Calif., population 300,000, became the biggest when it filed for Chapter 9 on June 28. The much smaller city of Mammoth Lakes voted for bankruptcy July 3. **THE ASSOCIATED PRESS**

Market Minute

DOLLAR
98.05¢ US (+0.26¢)

TSX
11,544.64 (+32.42)

OIL
\$85.81 US (+\$1.90)

GOLD
\$1,575.70 US (-\$4.10)

Natural gas: \$2.853 US (+11.6¢)
Dow Jones: 12,604.53 (-48.59)

Study. Consumer spending up in 2nd quarter, but June figures suggest slowdown

Consumer spending increased in the second quarter compared with a year ago, but figures for June point to a slowdown, according to a report by credit and debit card processor Moneris Solutions.

Moneris said Wednesday that overall consumer spending increased 4.67 per cent year-over-year in the quarter, but that the smallest amount of growth, 3.72 per cent, occurred in June.

"While the Canadian economy continued to experience healthy growth in the second

quarter of 2012, some signs point to a potential reduction in spending," said Jim Baumgartner, president and CEO, Moneris Solutions.

Economists have also been predicting a slowdown in spending as consumer debt levels are already at all-time highs and its expected that Canadians will rein in their expenses.

During the second quarter, the entertainment category saw the highest increase in overall spending in the quarter, up 9.43 per cent, while hotels and restaurants came in a close second, with growths of 6.75 and 6.41 per cent, respectively.

The specialty retail category also experienced strong growth, with stationery (6.62 per cent), florists (6.33 per cent) and pet shops (6.14 per cent) leading the increase in dollars spent.

Modest growth

2.74%

Apparel, a traditionally strong spending category for Canadians, experienced more modest growth, with an increase of 2.74 per cent compared to the same period last year, Moneris said.

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MAN VS. TOILET: THE ETERNAL STRUGGLE



HE SAYS...
John Mazerolle
metronews.ca/hesays

Today, I am a man.

I mean, I've been male for as long as I can remember. But I've never been a guy's guy. I like hockey because of the elegant flow. I like The Tragically Hip

because of the delicate lyrics. And I like MMA because I enjoy watching jackasses in bars swinging their fists at the TV and yelling "Kill him!" when the screen is showing two men hugging on the floor.

This lack of manhood made me uncertain when confronted with the challenge every true man must face: The clogged toilet.

I had to cross the Rubicon, and it wasn't flowing properly. It started as all clogs do, with the water rising towards the top of the bowl and me willing it to stop with a battle cry of "No, no, no!" and staring at it really hard.

I tried to defeat it with the plunger. But this was no ordinary clog. You know those movies where fighter jets are flying around and their missiles do nothing, like with The Squid From Beyond the Stars? That was my plunger.

At one point the toilet ripped the plunger from my hands, broke it in two

and spit it across the room, chuckling at me. The toilet will independently confirm this story.

This was my darkest hour. So I did as many great warriors through history have done when all seemed lost. I turned to the sages. In this case, plumbers on YouTube with Louisiana accents who brag about their toilets the way other guys show off their sports cars.

Here I learned about my silver bullet, my Excalibur, my Star Trek technology that solves everything and is then forgotten in all future episodes.

I learned of the closet auger — a big snake that goes into the toilet, grabs the evil inside, and rips it out of the Hell-mouth. It seemed a little out of my depth, but I'd have used a whip and chair if they'd told me to.

I asked a few acquaintances at the local watering hole if they had an auger. Because I had not yet earned the respect of my fellow men, they all asked me the same thing: "Did you try a plunger?" as if I'd never heard of one. I assume they imagined me standing in the bowl and jumping up and down.

I ventured into a hardware store, chose my weapon, and pulled from the toilet the source of all evil: One sock. How a sock ended up in the toilet I cannot be sure, but I'm going to assume the toilet ate a previous owner.

So, now, I am a man. I faced my fears, the enemy without and within, and came away a hero. If you need your toilet unclogged, I will gird my loins and once again make the plunge — a man for all times.

I also understand women do this sort of thing without making a big fuss. If you're into that sort of thing.



Every man's nemesis: the toilet. iStock

This chipmunk has gone nuts



DANIEL PARENT/SOLENT

Wildlife photography

Funny chipmunk gorges on nuts

This greedy, and indeed cheeky, chipmunk appeared to have bitten off more than he could chew when he got into a pile of peanuts.

The cute critter was part of a group of eight that had been given the nuts to share.

Metro chatted with Daniel Parent about his amusing photograph.

METRO



Daniel Parent, 51, is a photographer from Gatineau, Que. JIM CUMMING

Parent on his experience

- **How did this happen?**
"I was photographing a rare leucistic chipmunk in Ottawa, and was using the peanuts to distract the regular chipmunks," Parent explains. "There were about eight of them and some appeared to be quite greedy and stuffed their mouths, creating this amusing photo opportunity. I wasn't counting but I think some chipmunks easily got two peanuts into their cheeks, some of the more ambitious tried

to get more. I sat about six metres away with my camera and waited for the chipmunks to come and get the peanuts."

- **Chipmunk challenge.**
"Chipmunks are quick and most just grabbed a peanut and left," Parent says. "It took some time for this chipmunk to stay still and try to put as many peanuts in its mouth. Then I had to be in the right position to capture a moment in time when the chipmunk was in sight and stayed moderately still."



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JOB
OPPORTUNITIES

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TO FAMILY

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LOCATION,
LOCATION

Twitter

@b_dizzie: Almost got ran over by the Harbour Hopper. Guess that thing has a bit of a blind spot. #Halifax

#Halifax

@jamievanbuskirk: Enjoyed a spicy sausage from @HFxFL down at @HFxSeaportMkt yesterday. An entire meal in your hand. #Halifax

@geoffregan: A delicious lunch at The Battered Fish, on the Bedford Highway. Roadside dining at its finest!

@meethalifax: Welcome and thanks to all the teachers of @CanTeachersFed for #meeting on your vacation! #Halifax is perfect for vacations and #conferences!

@BiscuitGeneral: How great to see the Pride flag flying at the Waverly Inn on Barrington. I love this city. #Halifax #pride #goodNS

Substance over style at no frills boutique label



American acoustic guitarist Trevor Gordon is bringing his sound to The Carleton on Sunday night. CONTRIBUTED

CandyRat Records. Focusing on the music, Internet-based record label brings high quality guitarists to Halifax



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

When YouTube launched in February 2005 it forever shifted not only the way fans

Details

- CandyRat Guitar Night is taking place Sunday at The Carleton at 9 p.m. Tickets are \$17.50.

experienced music, but also how artists reached their fans.

One of the first videos to go viral on YouTube belonged to an acoustic guitar musician named Andy McKee, one of

the prides and joy of CandyRat Records. It's an independent American record label and online music store that, according to owner Rob Poland, takes advantage of the Internet era to combat the challenges faced by traditional record companies.

"Record sales industry-wide have been declining every year since 1997, so a low overhead model was key to our survival in this new music industry," Poland said. "Our focus is on great, original composition primarily composed on the acoustic and electric guitars."

Enter Trevor Gordon Hall. A Philadelphia-based acoustic guitar player, Hall's innovation is testament to the calibre of artists that play under CandyRat's label. Hall will be joined by fellow CandyRat guitarists Owen Van Larkins and Maneli Jamal on Sunday night at The Carleton for CandyRat's Guitar Night tour stop in Halifax.

"In recent years I've been trying to mix finger-style guitar with an African instrument called a Kalimba. It's been an exploration that's always evolving," Hall said in a recent interview.

Hall has successfully expanded his audience and online presence with the help of CandyRat.

"This is the place to be for acoustic guitar so it was nice to land here," he said. Though the "boutique-style" approach to the business may seem barebones and shady, Hall says the flare and flash that other labels put into image, at CandyRat that goes to the artists.

"It's all about keeping the focus on the musicianship — there are high quality artists on the roster so I feel absolutely privileged to be with them."

2

SCENE

Entertainment in brief

Courtney Love being sued, again

Courtney Love's former assistant is suing over unpaid wages and claims the rocker made unethical requests such as instructing her to hire a hacker and falsify legal letters. Jessica Labrie filed the wrongful termination, wage and breach of contract lawsuit in Los Angeles on Tuesday. The suit states Labrie worked as Love's administrative assistant for about a year in 2010 and 2011, but was fired after complaining she was owed thousands in unpaid wages and expenses for business trips.

THE ASSOCIATED PRESS

On the web



Hollywood-driven Stand Up to Cancer telethon returns in September to raise money, awareness

metro

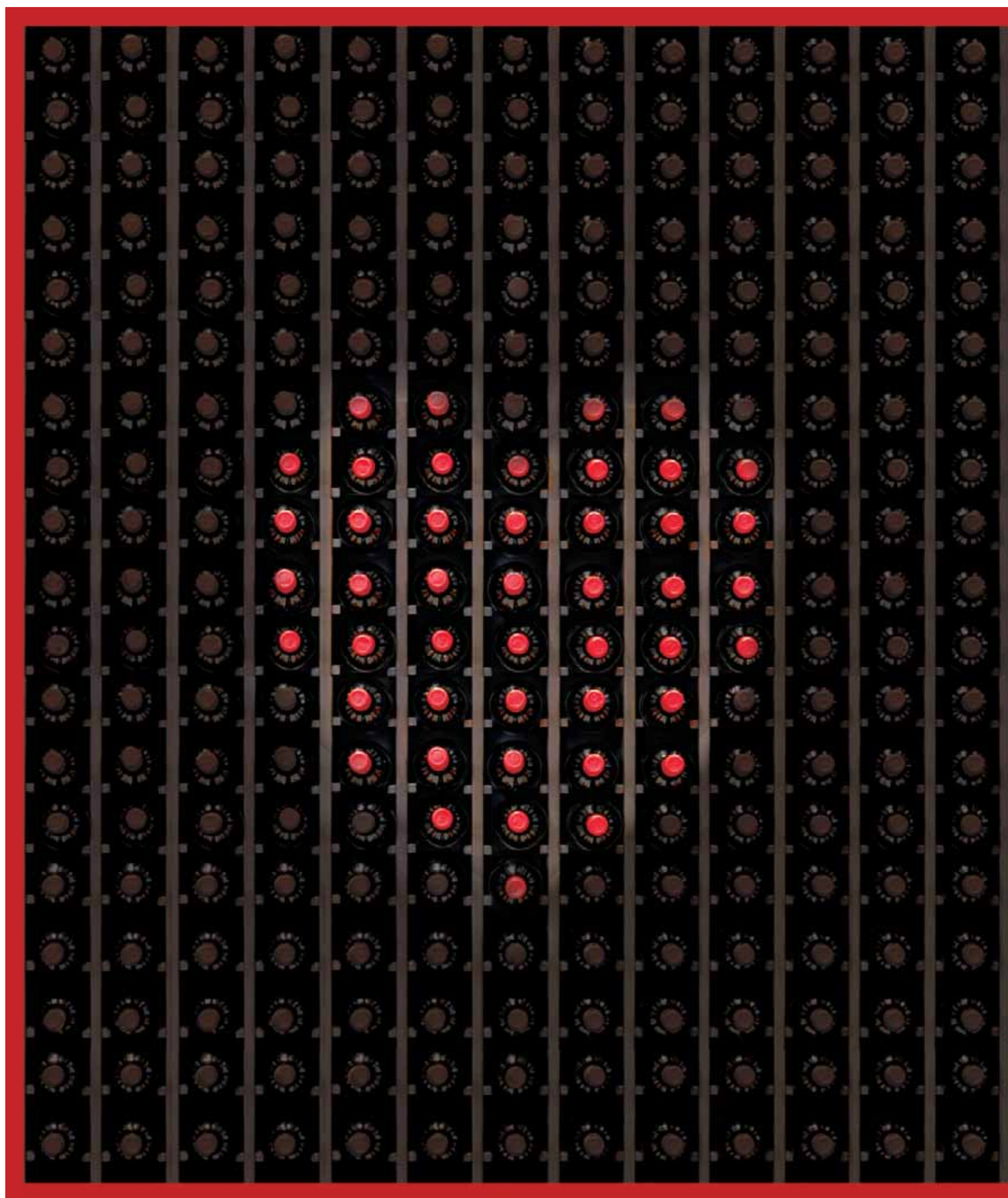
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"One of the most delightful things about 'To Rome With Love' is how casually it blends the plausible and the surreal, and how unabashedly it revels in pure silliness."

-A.O. Scott, **THE NEW YORK TIMES**

"'To Rome With Love' has pleasures galore."

-Peter Travers, **ROLLING STONE**

"It's hard not to fall under the movie's spell and indulge in some picturesque escapism."

-Claudia Puig, **USA TODAY**

"Funny and silly and packed with crisscrossing story lines about love and desire played out by a terrific cast. Like a gracious host, Woody Allen sends us out of the theater with the sense that we've been to a really good party with people we'd like to see again and again."

-Karen Durbin, **ELLE**

"So assured and Allen's plotting so intricate it's hard not to marvel at it. I marveled."

-David Edelstein, **NEW YORK MAGAZINE**

WOODY ALLEN

ALEC BALDWIN

ROBERTO BENIGNI

PENÉLOPE CRUZ

JUDY DAVIS

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GRETA GERWIG

ELLEN PAGE



TO ROME WITH LOVE

WRITTEN AND DIRECTED BY WOODY ALLEN

SONY PICTURES CLASSICS PRESENTS A MEDUSA FILM & GRAVIER PRODUCTION
A PERDIDO PRODUCTION "TO ROME WITH LOVE" WOODY ALLEN ALEC BALDWIN
ROBERTO BENIGNI PENÉLOPE CRUZ JUDY DAVIS JESSE EISENBERG GRETA GERWIG ELLEN PAGE
CASTING BY JULIET TAYLOR PATRICIA DICERTO BEATRICE KRUGER COSTUME DESIGNER SONIA GRANDE
EDITOR ALISA LEPSALTER PRODUCTION DESIGNER ANNE SEIBEL, ADC DIRECTOR OF PHOTOGRAPHY DARIUS KHONDJI, ASC, AFC
CO-EXECUTIVE PRODUCER JACK ROLLINS CO-PRODUCERS HELEN ROBIN DAVID NICHOLS PRODUCED BY LETTY ARONSON
STEPHEN TENENBAUM GIAMPAOLO LETTA FARUK ALATAN WRITTEN AND DIRECTED BY WOODY ALLEN



LANGUAGE MAY OFFEND,
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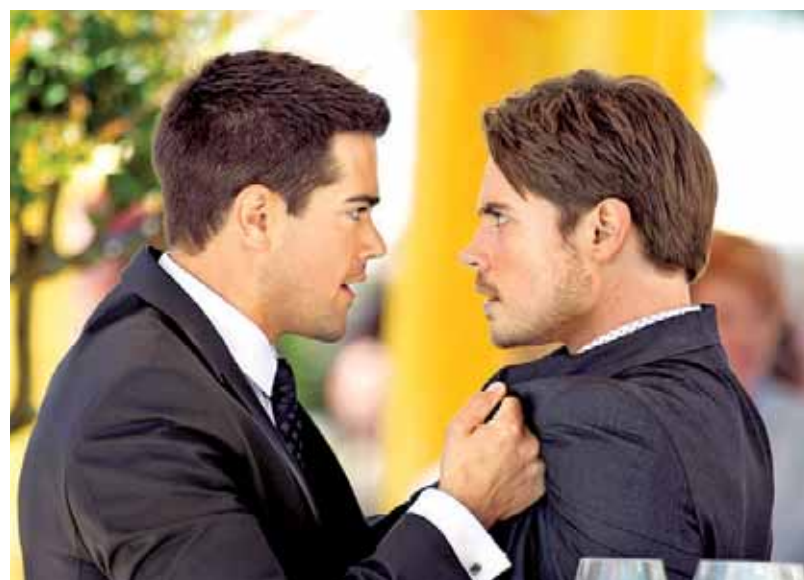


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Jesse Metcalfe as Christopher Ewing, left, and Josh Henderson as John Ross Ewing in a scene from *Dallas*. HANDOUT

Dallas blurring line between what is right and wrong

Nuanced. Actor who plays adopted son on hit remake born in same year original premiered

If anyone knows camp and high drama, it's soap opera veteran Jesse Metcalfe.

But the hunky alum of over-the-top serials *Desperate Housewives* and *Passions* says the days of outrageous histrionics are behind us.

Now TV is ready for a more grounded take on sex, duplicity and dirty dealing, he says, noting that his latest nighttime serial *Dallas* plays the genre pretty straight.

"And I love that about our show. It's relatively grounded," Metcalfe says during a recent stop in Toronto to promote the return of the '80s smash. "Obviously, at times it's a bit of a heightened reality but it's a straight-forward family drama. And we like to think it's part of the resurgence of the nighttime drama away from all this reality television. A movement more towards scripted television."

The 33-year-old Metcalfe — who was born the year the original *Dallas* premiered — says the tongue-in-cheek camp that took hold over the last decade has run its course.

"I think that pendulum is definitely swinging back towards a more grounded, more serious tone. People certainly get enough of that in reality television so if you're looking

Intrigue

As dramatic, scandalous as ever

Just three weeks into its 10-episode summer run, word came that *Dallas* had notched enough of a following to warrant a second season.

So far, the Ewing clan has rolled out its fair share of drama: Christopher has just learned his new bride (Julie Gonzalo) and her brother are gold-diggers, greedy cousin John Ross (Josh Henderson) is trapped in a deal rapidly heading south, Bobby just learned JR has hoodwinked him out of protecting the future of Southfork, while Bobby's wife Ann (Brenda Strong) appears to be hiding a dark past of her own. *Dallas* airs Wednesdays on Bravo.

for another option hopefully the new *Dallas* can fill that void," says Metcalfe, who plays adopted son Christopher Ewing alongside returning originals Patrick Duffy as the principled Bobby and Larry Hagman as the scheming JR.

Metcalfe, whose character continues to pine for his first love Elena (Jordana Brewster), says he likes that most of the characters here are not so black-and-white.

"There's a lot more grey

area there, you know. The line between right and wrong, and good and evil is a little less defined," says Metcalfe, whose character is pushing the family business into green energy initiatives.

Metcalfe was born in 1978 — the year the original series premiered — and turned to old episodes of the series to get to know the work of his new co-stars, Duffy, Hagman and Linda Gray (who returns as a more polished, independent Sue Ellen).

Metcalfe says it was important to him to get a sense of tone, a flavour for what the show is really all about.

"In a lot of ways, it's the same show — the themes that were at the heart of the original series are very much the same themes running through the new series," he says. "It's about ambition, greed, loyalty and betrayal, it's about the interpersonal relationships in this dysfunctional family."

He notes that *Dallas* basically films on a working ranch filled with horses and cattle. It's also a favourite tour destination for hardcore followers of the original series who occasionally turn up while shooting takes place.

"A lot of times you'll be shooting a scene with an audience," says Metcalfe. "I'm hoping that the new series takes hold just as much as the original one and hopefully we can continue in the tradition of the original series and have another television phenomenon on our hands."

THE CANADIAN PRESS



Katie Holmes ALL PHOTOS GETTY IMAGES

Katie Holmes went to Cruise's ex-wife for advice on divorce

Katie Holmes reportedly had some high-profile sounding boards as she planned her exit from her marriage to Tom Cruise — including Cruise's second ex-wife, Nicole Kidman, according to *Us Weekly*. "They've spoken over the last few weeks," a source says. "Nicole has been supportive, saying she's been through it too and to hang in there. Nicole offered her support

and help."

The two first became acquainted when Holmes married Cruise in 2006.

"She has been a private friend not many people know about," the source explains.

So how did Holmes reach out to Kidman on the sly? The *L.A. Times* reports that Holmes used a disposable cell phone provided by a friend to plot her divorce escape.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Travis Barker still struggles with flying after famous crash

THE WORD
Monica Weymouth
scene@metronews.ca

Four years after surviving a deadly plane crash, Travis Barker is still understandably hesitant to fly, and his travel restrictions are making the latest Blink 182 tour a little difficult.

"This will be the big tour that supports the album in Europe. Mind you, I'm not flying, so it's hard to say what the band could

do or what its potential is, because I can't really get everywhere," the drummer tells *Red Bulletin* magazine.

Barker is, however, planning to give it another go if the tour takes them down under.

"I'm contemplating getting knocked out and getting on a plane to Australia. I want to overcome that eventually," he continues. "When I do, I think it's going to be Qantas. They never had a crash, never had a fatality — knock on wood. It's something I want to overcome."

We salute you, Travis. Take care and treat yourself to some premium tranquilizers — you could totally afford to hire Ira Glass to talk about baby kangaroos for the entire 20 hours.

Twitter



@BetteMidler

Why does every girl in TopShop look exactly alike? What am I doing in TopShop?



@russellcrowe

did this thing where you do 10 push ups, prone hold for 30 secs, 9 push ups, prone hold 30 secs etc, only takes 6 or 7 minutes but it got me



@ElizabethBanks

My kid opened a magazine to a picture of an Estée Lauder fragrance model, pointed and yelled "mama!" #bestkidever #madeday



@SethMacFarlane

Wanna just get away from it all. Which campground gets the best iPhone reception?



Jessica Biel

Biel comfortable with Timberlake picking the pants in the relationship

Jessica Biel doesn't mind being the less fashion-conscious of the couple compared to fiancé Justin Timberlake.

"He is fearless in his choices

and has a real eye for design. And I'll be honest: He has better taste than I do," she tells *InStyle*.

"When I walk out of the closet after getting dressed in the morning, I'll go like this and turn palms upward as if to say, 'Well?' And he goes like this and shakes his head no. Then he picks again. It's hilarious."

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3

LIFE

Fashion Flash

Aeropostale taps Chloe Moretz as its model and style curator

At age 15, actress Chloe Grace Moretz is already an ambassador. It's for Aeropostale, the youthful fashion brand, and it's a job that's likely to come with some clout and influence — especially with teenage shoppers. Moretz will be featured in advertisements through next spring, largely wearing clothing she's selected and styled herself.

THE ASSOCIATED PRESS

On the Web



Cowboy hats on royal heads bring Calgary company booming business

Attention men, it's about to get loud

Trend alert. With a riot of hot colours, prints and metallics, the spring/summer '13 men's wear shows are not for the shy

RICHARD PECKETT
life@metronews.ca

Seemingly, these days, men are more sartorially daring and, boy, are they going to need to be, judging by the menagerie of prints on offer. Dolce and Gabbana looked to a Sicily of old, with images of Sicilian barrows, puppets ('pupi') and temples, all desirably nostalgic. In contrast, Dries Van Noten combined camouflage and leopard — disguise or defence?

Whatever the meaning is, you won't be overlooked in these. Kenzo continued the camo trope with a look to the jungle. That's the urban jungle with abstracted leopard print and tiger stripes of baggy shorts and boxy tees — a key trend for the season.

Metallics: feel the steel

Think of metallics and you're probably picturing a man in a tin foil robot suit. Lanvin's monochromes were broken up with futuristic, cyborg-esque tailoring, shorts and a rather splendid pea coat, all accentuated by the dead-eyed models. But it was Versace who ramped it up with a homoerotic gladiatorial extravaganza. The outerwear and accessories appeared



Gucci CONTRIBUTED

as a campy Mad Max-Matrix hybrid. Burberry took a break from the sobriety of its recent shows by further continuing the sci-fi motif, with models resembling Blade Runner-esque replicants with ice blue shirts and fuchsia trenches.

Colours are hotting up

This season a pop of colour has progressed, thanks to the likes of Gucci who cut tailoring among other pieces in leaf green, mustard yellow and reds that ran the gamut. Ghostly? No, captivating. Similarly red, the most evocative of colours was used to great effect at Dior Homme where the shade held the eye amongst an almost entirely navy collection. However, Louis Vuitton's Damier luxury luggage shared the runway with, shock, a not-so-mellow yellow. Yachting-style slickers — in commemoration of the 30th anniversary of the Louis Vuitton Cup — moved towards lurid scuba gear before returning to the Paris house's tailoring sensibility.



Dolce & Gabbana CONTRIBUTED



Louis Vuitton CONTRIBUTED



Emporio Armani CONTRIBUTED

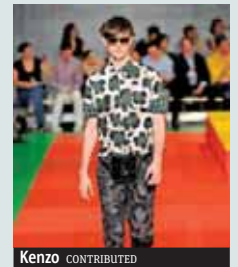
Try this look

Bare your arms

To pull off this trend you best get working on those biceps. Givenchy, Jean Paul Gaultier and Acne all pumped out the look.



Acne / CONTRIBUTED



Kenzo CONTRIBUTED

Try this look

Shorts go long

After a few seasons of tight, tailored shorts, the designers like Jil Sander, 3.1 Phillip Lim, Emporio Armani and Alexander Wang have relaxed the look with some chilled out, baggy styles. Takes the pressure off having a good butt, gentlemen.

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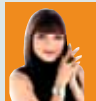
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@Jeanne_Beker: This tutu puts me in the mood to shop @thehudsonsbayco. Designed by Svetlana Lavrentieva



@Jeanne_Beker: Drooling over the dresses at Pretty You, chic-est shop in Monaco!



@Jeanne_Beker: Dig these jewel encrusted UGGs, at Pretty You in Monaco... Ready for the cottage!



@Jeanne_Beker: The view from my room in Beaulieu sur Mer. Bliss!

The Kit

Canadian street style

Spotted in: Halifax

Meghan Tansey Whitton

Photographer, Street Style Blogger at Fashion East

Age: 32

What she's wearing:

Cheap Monday jeans, La Senza lace top, vintage shirt, purse and combat boots

Her inspiration:

"Eclectic, and there's always some androgynous element. I like to mix femininity and androgyny."

THE KIT PHOTOBLOGGER:
CELIA MOASE, CELIASPHOTOGRAPHY.COM

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Tuna, salmon and crabmeat combine to make diabetic-friendly Seafood Burgers

"This burger goes far beyond the fast-food variety," Angela Medearis says in her book *The Kitchen Diva's Diabetic Cookbook*. "Imitation crabmeat, canned

Ingredients

- 1 lb imitation crabmeat, canned tuna packed in water, or canned salmon
- 1 large egg, lightly beaten
- 1/2 cup whole-wheat panko breadcrumbs
- 1/4 cup plain low-fat Greek yogurt
- 2 tbsp low-fat mayonnaise
- 1/3 cup finely chopped celery
- 1/4 cup finely chopped red bell pepper
- 2 scallions, including green parts, finely chopped
- 1 tsp Dijon mustard
- 1 tbsp lemon juice
- 1 tsp poultry seasoning
- 1/4 tsp cayenne pepper
- 1 tsp ground black pepper
- 6 whole-wheat hamburger buns, split and toasted
- 1/2 cup shredded lettuce
- 1 avocado, peeled, pitted and sliced



This recipe serves six. THE CANADIAN PRESS H/O

tuna, or salmon all make delicious seafood burgers, and are a healthy source of omega-3 fatty acids. Try a combination of all three for a tasty treat."

1. In a large bowl, combine the crabmeat, salmon tuna (or all three), egg, bread crumbs, yogurt, mayonnaise, celery, bell pepper, scallions, mustard, lemon juice, poultry seasoning, cayenne and black pepper. Mix gently, then form into 6 patties.

2. Refrigerate for 30 minutes.

3. Heat the oven to broil. Coat a baking sheet with cooking spray.

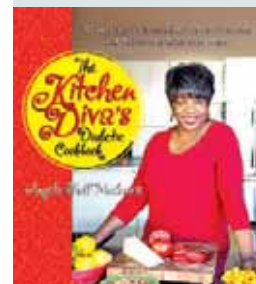
4. Arrange the patties on the prepared baking sheet. Broil for 3 to 4 minutes, then carefully flip and broil for another 3 to 4 minutes, or until golden brown.

5. Place each burger in a toasted bun and top with lettuce and avocado slices.

THE CANADIAN PRESS/ RECIPE ADAPTED FROM ANGELA SHELF MEDEARIS' *THE KITCHEN DIVA'S DIABETIC COOKBOOK*, ANDREWS MCMEEL, 2012

Book of the week

Modern spin on Diabetes cooking



Angela Shelf Medearis releases an inspirational collection of more than 150 simple, flavourful and budget-friendly recipes in her book *The Kitchen Diva's Diabetic Cookbook*.

Recipes address dietary needs of prediabetics, juvenile diabetics, type 1 and type 2 diabetics, and more.

You'll find recipes featured on *The Dr. Oz Show* such as Buttermilk Pecan-Crusted Tilapia as well as Jerk Chicken Salad, Herb Cauliflower Couscous and more. A detailed nutritional and caloric analysis is included in each recipe to ensure that daily nutritional requirements are met.

METRO

Sweet & Savoury. Spinach & Savoy Cabbage Slaw



To roast the beets in this recipe, wrap them together in foil and bake at 425 F (220 C) for 1 hour or until tender when tested with the tip of a knife.

If you're running low on time, you can also use store-bought pickled beets, which will work just as well as the roasted variety.

1. Whisk together seasoned rice vinegar, sesame oil, soy sauce, hot pepper jelly, minced ginger and garlic. Toss with shredded savoy cabbage, spinach, green onions and sesame seeds.

2. Cut the roasted beets into wedges and gently toss

Ingredients

- 4 tbsp (60 ml) seasoned rice wine vinegar
- 2 tbsp (30 ml) sesame oil
- 2 tsp (10 ml) soy sauce
- 1 tsp (5 ml) hot pepper jelly, melted
- 1 tsp (5 ml) ginger, finely minced
- 1 tsp (5 ml) garlic, minced
- 4 cups (1 l) savoy cabbage, cored and shredded
- 3 cups (750 ml) baby spinach
- 4 green onions, finely sliced
- 2 tbsp (30 ml) toasted sesame seeds
- 4 medium roasted beets
- 2 tbsp (30 ml) crumbled blue cheese

with the salad. Sprinkle salad with blue cheese and

serve immediately.

NEWS CANADA

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Keep cool with haute home decor



Blocking the sunlight and controlling air flow are two ways to keep your space feeling cooler this summer. HUNTER DOUGLAS

Beat the heat. When the temperature rises, stay fresh and cold with these sleek, simple cooling devices



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

With record-breaking temperatures this summer and the thermometer expected to keep rising throughout most of the country this week, it's important to not only look cool, but to keep your home cool too.

Here are a few homeowner-friendly products that will keep you cool — and keep your home looking chic. None require major installation, and all are cool-looking (and feeling!) and well worth the money.

Cool the air

Spot cooling with a portable air conditioner is a great way to save energy by only cooling the areas of your home that you use on a regular basis. The DeLonghi Pinguino portable air conditioner has handles and castors for easy portability. Its 9000 BTUs can cool up to 350 square feet, and the built-in fan, dehumidifier with silent operation and remote control will be your climate-control friend year-round.



Portable air conditioners allow for spot cooling when air conditioners can't be installed. DeLonghi Pinguino Portable 9000, \$500, Delonghi.ca

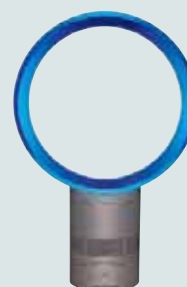
Move the air

A ceiling fan can help reduce scorching temperatures by six to 10 per cent and costs little to run. In the winter it can help to improve air circulation and distribute heat that rises toward ceilings and in corners of a room, helping to get rid of condensation on windows. The Modern Fan Company's Pensi aluminum ceiling fan (with a fabulous discrete light) boasts an ultra-modern sleek look for the minimalist decorator.

The Pensi ceiling fan keeps you cool with a clean, industrial look. \$480, ModernFan.com

Choose your breeze

Tabletop fans bring a cool breeze into warm spots at night and circulate the air during the day. The Dyson Air Multiplier AM01 fan works without blades, which means air isn't "chopped," creating that annoying buffering sound. The Air Multiplier technology amplifies surrounding air and creates an uninterrupted stream of air. It's not only efficient, but beautifully sculptural too.



Portable fans can cool a room but add sculptural interest. Air Multiplier M01 fan, \$400, DysonCanada.ca



Block the heat

The beauty of window coverings is that they give you full control of light and keep heat out in the summer. Hunter Douglas Architella Honeycomb Shades not only offer up modern style, but also energy efficiency — three air pockets within the honeycomb provide an R-value of up to 7.75 (a 4 R-value will prevent up to 75 per cent heat or cold loss through a window) and will insulate your window from the hot rays hitting the windows.

Window shades keep the heat out in summer and the cold out in winter. Architella Honeycomb Shades, starting at \$250, Hunter-Douglas.ca

Ironing

Beat linen woes with this combo

During the summer months, I face the usual dilemma of whether or not I should iron my summer linen wardrobe. If I iron it, what's the best



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

way to do this as easily and effortlessly as possible?

Whether you should iron your linen is a personal

fashion statement. But I can help you get rid of the wrinkles.

In order to iron linen successfully, you need the clothing to be humid combined with the heat of a hot iron. Without both you can never iron successfully.

Why humidity? Won't a hot iron get rid of the wrinkles? Surprisingly, no.

Most people hate ironing because they don't have good results. They iron with heat but no humidity and get frustrated when the wrinkles don't disappear. Steam created when you iron clothing with a combination of humidity and heat allows the linen fibres to relax and get rid of the wrinkles.



When ironing you need a combination of heat and humidity. ISTOCK IMAGES

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SPORTS

Cycling

Armstrong given time to contest doping charges

The U.S. Anti-Doping Agency on Wednesday granted Lance Armstrong an extension of up to 30 days to contest drug charges while the seven-time Tour de France winner challenges the case in federal court. The move erases the Saturday deadline for Armstrong to either send the case to arbitration or accept sanctions from USADA, which would likely include a lifetime ban from cycling and other sports along with stripping the Tour titles he won from 1999-2005.

THE ASSOCIATED PRESS

Mobile sports



With fastballs, sliders, curves, slurve, two-seamers, four-seamers, cutters, palmballs, splitters, forkballs, knuckleballs and even the infamous gyroball, you might think this is a golden age of pitching. But are there that many more pitches today? Or did we just figure it out with scouting and technology? Scan the code for the story.

NHL

Vlasic strikes deal to stay a Shark

The San Jose Sharks have signed defenceman Marc-Edouard Vlasic to a five-year contract extension through the 2017-18 season. The 25-year-old Vlasic led the Sharks with 171 blocked shots last season.

THE ASSOCIATED PRESS

Cycling

French favourite wins Tour stage

Thomas Voeckler of France led a five-rider breakaway to win the 10th stage of the Tour de France as the race entered the Alps on Wednesday, while Bradley Wiggins retained the overall lead.

THE ASSOCIATED PRESS



Thomas Voeckler crosses the finish-line on Wednesday. THE ASSOCIATED PRESS

NBA

The Tim Duncan era continues

The San Antonio Spurs announced Wednesday that they re-signed Tim Duncan, bringing back the 36-year-old forward for at least a 16th season.

Terms of the deal were not disclosed.

THE ASSOCIATED PRESS

NBA



"I'm not going to come in and expect for coach to cater to who I am and what I do."

Ray Allen, who will make \$3 million this season after officially signing a contract with the Miami Heat on Wednesday.

Intrigue just beginning as baseball enters second half

MLB. Trade talk, injuries and the Pirates are talk of the league after all-star break

There was a public outcry when R.A. Dickey did not start the all-star game, a journeyman for the Chicago White Sox threw a perfect game and the Pittsburgh Pirates of all teams were in first place as the first half of the baseball season drew to a close.

What's next, post-season baseball in Washington D.C.? It sure looks that way.

An eventful and unexpected first half that included Dickey knuckling his way to stardom with the Mets and Phil Humber's out-of-nowhere perfecto for the White Sox is only expected to get more intriguing as the season rounds second and heads for third.

The non-waiver trade deadline is looming at the end of the month, and the Baltimore Orioles and White Sox got ahead of the curve by acquiring Jim Thome and Kevin Youkilis, respectively, to bolster their offences. Milwaukee's Zack Greinke, Philadelphia's Cole Hamels and Arizona's Justin Upton could be headed else



The Giants' Melky Cabrera hoists his MVP trophy after the National League's 8-0 win in Tuesday night's all-star game. CHARLIE NEIBERGALL/THE ASSOCIATED PRESS

where as the contenders and pretenders separate themselves.

"There's several teams involved in races right now," said Detroit manager Jim Leyland, whose Tigers joined the Phillies and Red Sox on the list of big-spending underachievers in the first half of the season. "There's probably going to be a lot of teams that would like to go out and get somebody. But the more teams that want to get something, the tougher it is to get it."

Quoted

"We're playing for a city, the goal being to re-bond the city with its ball club."

Pittsburgh manager Clint Hurdle on his 48-37 Pirates.

And there's even more motivation for deals to be made in the first year of baseball's expanded post-season. The Fall Classic will be a little wil-

der this time around. A new format kicks in this year that adds an extra wild card team to each league. That means 10 teams will have a chance to get in and go for it all.

The Orioles, who trail the Yankees by seven games in the AL East, haven't been to the post-season since 1997, the Pirates haven't been there since 1992 and Washington hasn't hosted a playoff baseball game since 1933, when Mel Ott homered in Game 5 of the World Series to help the New

York Giants beat the Senators for the championship.

It's a new day, and if Bryce Harper and the Nationals or Andrew McCutchen and the Pirates somehow Buc the odds and make it to the Series, they'll be hosting the party after the National League beat the AL 8-0 on Tuesday night.

With so much on the line from here on out, the all-star game in Kansas City could be one of the last nights of baseball without any juice for quite a while. **THE ASSOCIATED PRESS**

Gallupe two strokes back at junior golf tournament

Canadian juniors

The top three competitors and an alternate will be selected to compete at the Canadian junior boys championship at the Osprey Ridge Golf Club in Bridgewater July 31 to Aug. 3.

while, has shot rounds of 73, 72 and 73.

McKinnon, 18, is coming off his first season of NCAA Division I golf at Jacksonville University in Florida.

Ryan Nowe of Osprey Ridge is also in the mix after

shooting a 5-over 76 to sit three strokes back.

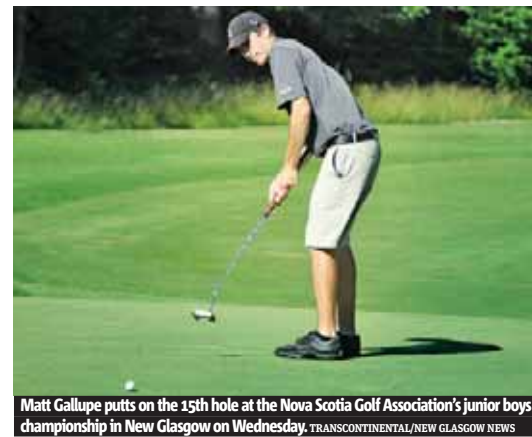
Andrew Reid of Grandview (76-226) is fourth while Digby Pines' Myles Creighton and Ian Lewis and Bradford Curran, both of Oakfield, are tied for fifth with three-day 232s.

No other competitor is closer than eight strokes from McKinnon.

Bernadette Little of the host club has a 12-stroke lead on the rest of the field on the girls side. Little is in search of her second consecutive provincial girls championship.

The 72-hole tournament concludes Thursday.

MATTHEW WUEST/METRO



Matt Gallupe puts on the 15th hole at the Nova Scotia Golf Association's junior boys championship in New Glasgow on Wednesday. TRANSCONTINENTAL/NEW GLASGOW NEWS

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Nash's 'dream' continues in La-La Land



Victoria's Steve Nash on Wednesday in El Segundo, Calif. THE ASSOCIATED PRESS

NBA. Canadian superstar says he's still surprised he ended up with Lakers

Steve Nash knew the scene was more than a bit surreal when he stood in the Los Angeles Lakers' training complex, grinning and holding up a gold No. 10 jersey with his name on the back.

"Being here right now is something I never foresaw," Nash, from Victoria, said Wednesday. "That (jersey) was a major hurdle for me just to get over visually as a player."

The two-time MVP will get used to it. After spending the

past 16 years trying to beat L.A. in Phoenix and Dallas, Nash is switching teams to chase NBA titles alongside Kobe Bryant.

The Lakers formally welcomed Nash on Wednesday, a week after reaching a deal to get the superstar point guard from the Suns. After several days getting used to these developments, the 38-year-old Nash is eager to open another chapter in his remarkable career — a chapter that will extend to at least 2015 under his new three-year, \$27-million US contract.

"It's a franchise that I think everybody would dream of playing for," Nash said, evincing his usual sartorial style in a dark-blue pinstriped

Quoted

"He's had to take on so much that it would be nice for him to get a few easy baskets, not have to expend so much energy."

Steve Nash on playing with Kobe Bryant.

suit with an open shirt collar and a red pocket square. "It's an exciting project, to say the least.... I definitely never thought I'd play 19 years in the league, and I feel very fortunate that I have my health and, most importantly, have the desire to do it. I still enjoy pushing myself to get better

and produce. I don't foresee that changing, and that's the key ingredient."

Nash wasn't the only person still surprised to find him in the Lakers' gym, where Metta World Peace got in a workout shortly before Nash arrived.

Los Angeles general manager Mitch Kupchak thought he had no chance to get Nash when Lakers owner Jim Buss encouraged him to call Nash's agent, Bill Duffy, in the opening minutes of free agency. Kupchak quickly learned his team fit Nash's two criteria as an impending free agent no longer in the Suns' plans: Nash wanted to be near his three children in Phoenix, and he

wanted to play for a winner.

"I got to tick all the boxes here," Nash said. "It was definitely difficult. I knew in Phoenix that the Lakers have been the most hated team for 40 years, so I knew there would be a lot of people that wouldn't understand. But I've played a long time in this league, and I feel like I deserve to make a move that's best for me and my family."

"The people I really need not to disappoint are my children, and (I'd rather not) tell them I'm going to go back East and see them three or four times a year than I'm going to be in L.A. and see them three or four times a month."

THE ASSOCIATED PRESS



Riders hit Alps in Tour's 10th stage

Bradley Wiggins of Britain, wearing the overall leader's yellow jersey, climbs the Grand Colombier pass during the 10th stage of the Tour de France in Bellegarde-sur-Valserine on Wednesday. Thomas Voeckler of France led a five-rider breakaway to win the stage as the race entered the Alps, while Wiggins retained the overall lead. CHRISTOPHE ENA/THE ASSOCIATED PRESS

CFL. Stampeders' offence takes blow with loss of Tate

The Calgary Stampeders expect to be without starting quarterback Drew Tate for more than a month.

Coach John Hufnagel estimated Wednesday that Tate will be out for five or six weeks with a left shoulder injury.

He said Tate had an MRI exam on the shoulder and is getting an opinion from a second doctor before a definitive diagnosis is made.

Tate was injured during a 39-26 loss in Toronto on Saturday. THE CANADIAN PRESS



Drew Tate THE CANADIAN PRESS FILE

NBA. Raptors complete deal for point guard Lowry

The Toronto Raptors have officially acquired the cornerstone of what they hope will be a young team brimming with potential.

The Raptors and Houston Rockets finalized a trade Wednesday that will send point guard Kyle Lowry to Toronto for forward Gary Forbes and a protected future first-round draft choice.

"We feel we've added a solid starting-calibre point guard to our team who will bring toughness, grit and playmaking at a

By the numbers

\$20M

GM Bryan Colangelo also said the Raptors will sign Landry Fields to an offer sheet, reported last week to be around \$20 million.

very important position," Raptors GM Bryan Colangelo said during a conference call.

Lowry is slated to make \$5.75 million US next season and \$6.21 million in 2013-14.

THE CANADIAN PRESS

NHL. Winter Classic adds second alumni game

Next season's Winter Classic between the Detroit Red Wings and Toronto Maple Leafs will include two alumni games and around 100 players from the storied franchises.

Representatives from both teams announced preliminary rosters at a news conference Wednesday at Comerica Park, where the alumni games are scheduled to take place Dec. 31. The 2012-13 editions of the Red Wings and Maple Leafs will play the Winter Classic on Jan. 1 at Michigan Stadium in

Quoted



"It's a great idea to have the second one to open up the option to have more guys to be a part of it."

Former Maple Leafs captain Wendel Clark

Ann Arbor. THE ASSOCIATED PRESS

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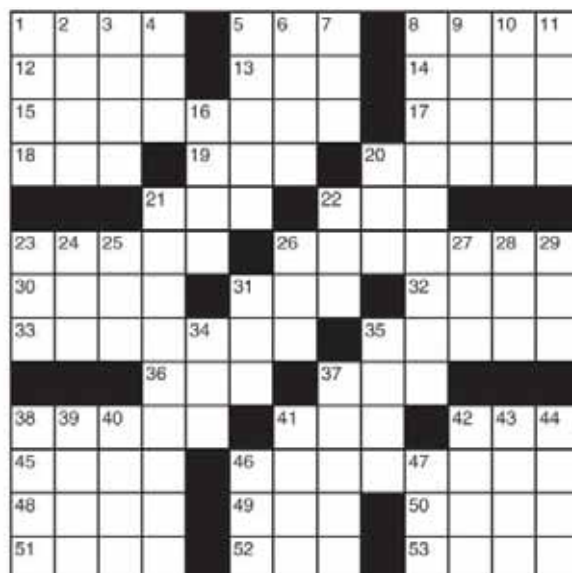
- 1 Bear lair
5 Bookkeeper (Abbr.)
8 Pocket bread
12 "Yeah, right"
13 Part of UCLA
14 From the beginning
15 Seasoned beef product
17 Luminary
18 Hot tub
19 Work with
20 Tale
21 Spot on a domino
22 Resume
23 Macho type
26 Takes temporarily
30 Love god
31 Remiss
32 Met melody
33 Dangerous snake
35 Use a Cuisinart
36 Mex. neighbor
37 Pub order
38 Fragment of glass
41 Country club instructor
42 Branch
45 Cougar
46 Potpourri
48 Enthusiastic
49 Id counterpart
50 Geometry calculation
51 Got up

52 Buddhist sect

53 "Swell!"

Down

- 1 Uppercase letters
2 Pronto, on a memo
3 Master-Card rival
4 Small salamander
5 Necklace fastener
6 Apple or pear
7 Spanish for "so"
8 Rural composition
9 Busy with
10 Wardrobe malfunction
11 Distorted
16 Destruction
20 Round Table address
21 Grazing land
22 Carton
23 That woman
24 Geological time
25 Witticism
26 Tavern
27 Raw rock
28 Victory
29 Blue
31 Actress Thompson
34 1960s hallucinogen
35 Rorschach picture
37 Bad lighting?
38 Mast



- 39 "Les Miserables" author
40 Andy's pal
41 Senate staffer
42 Broad expanse

- 43 Comic Caroline
44 Vegan's no-no
46 Candy in dispensers
47 Mystery writer Rankin



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

IXAY G MGKWAYLAK
HVPVLP G JNMGI LGHAKY,
V PBWWNPA XA PXNBIC
NKCCK G PMKAICKVHAK.
Yesterday's Cryptoquip: IF A GUY IS DRESSED
IN A FELINE COSTUME, MIGHT YOU CALL HIS
HAIRSTYLE A "CAT MAN DO"?
Today's Cryptoquip Clue: I equals W



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's Sudoku



Horoscope

♈ Aries | March 21 - April 20.

With Mars, your ruling planet, moving through the partnership sector of your chart, this is the perfect time to assess your relationships.

♉ Taurus | April 21 - May 21.

Your capacity for hard work is legendary but you could be tempted to take on too many tasks over the next 24 hours. While your energy may be unlimited, your time is not.

♊ Gemini | May 22 - June 20.

Throw yourself into a creative activity and forget about personal problems. Working hard on projects that you enjoy will be therapeutic.

♋ Cancer | June 21 - July 22.

You need to get over your sense of injustice and stand far enough back to see the big picture. Then you will realize that life is a lot fairer than you have given it credit for.

♌ Leo | July 23 - Aug. 22.

Forget about work for the next 24 hours and do something that is purely for fun. If you can arrange it, a trip away from your usual environment will do you the world of good.

♍ Virgo | Aug. 23 - Sept. 22.

You may want to make a good impression on certain people but don't do anything you might later regret. Success is important, of course, but so is your sense of integrity.

♎ Libra | Sept. 23 - Oct. 22.

All the things that you should have done but never got around to are possible for you now. Make use of Mars in your sign to motivate yourself to do something spectacular.

♏ Scorpio | Oct. 23 - Nov. 21.

There will be a number of distractions today and it is quite likely that you will get frustrated at not being able to focus on one thing at a time.

♐ Sagittarius | Nov. 22 - Dec.

21. Even if you are a rare Sagittarius who prefers their own company, you will want to be involved in a group activity of some sort today.

♑ Capricorn | Dec. 22 - Jan 20.

You may be determined to prove you have what it takes, but you must also accept there are forces in the world that can't be defeated.

♒ Aquarius | Jan. 21 - Feb 18.

Mars in your fellow Air sign of Libra means there is no excuse for moaning that you don't get the breaks. Instead of waiting for luck to come your way, go out and grab it.

♓ Pisces | Feb. 19 - March 20.

Others will be eager to involve you in their schemes, but be on your guard. Yes, there is money to be made, but you won't get something for nothing. **SALLY BROMPTON**

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